

Feeling
Stretched?

**Caring for someone
with a chronic illness
such as dementia, heart
disease, Parkinson's
disease or stroke can be
stressful physically,
emotionally and
financially.**



***Balance
Your Life***

Powerful Tools for Caregivers Classes

ServiceLink is offering

Powerful Tools for Caregivers, a **FREE** six-week educational program to help you:

- ☐ Reduce your stress
- ☐ Improve your self-confidence
- ☐ To Better communicate your feelings
- ☐ To Balance your life
- ☐ To Increase your ability to make tough decisions
- ☐ To Locate helpful resources

Classes will be held
Thursdays, May 26 – June 30, 2016
2:00 p.m. – 3:30 p.m.
TRIP Center
12 Rowell Drive
Franklin, NH 03235

Sponsored by ServiceLink of Merrimack County
& the Senior Companion Program

Please register by Wednesday, May 18, 2016
603-228-6625



Community Action Program Belknap-Merrimack Counties, Inc